

## Know the Facts

- About 4,500 men are diagnosed with prostate cancer in Washington State every year.
- Prostate cancer is the most common cancer for men in Washington State.
- A man has about a 1 in 6 chance of having prostate cancer.

To learn more talk to your health care provider or visit one of the following websites:

- [www.cancer.gov](http://www.cancer.gov)
- [www.prostate-cancer.org](http://www.prostate-cancer.org)
- [www.ustoo.org](http://www.ustoo.org)

You can also call  
1-800-4-CANCER

*Take care of your health!*  
Talk to your health  
care provider about  
prostate cancer.



To learn more about the Washington Comprehensive Cancer Control Partnership, visit [www.doh.wa.gov/ccp](http://www.doh.wa.gov/ccp)

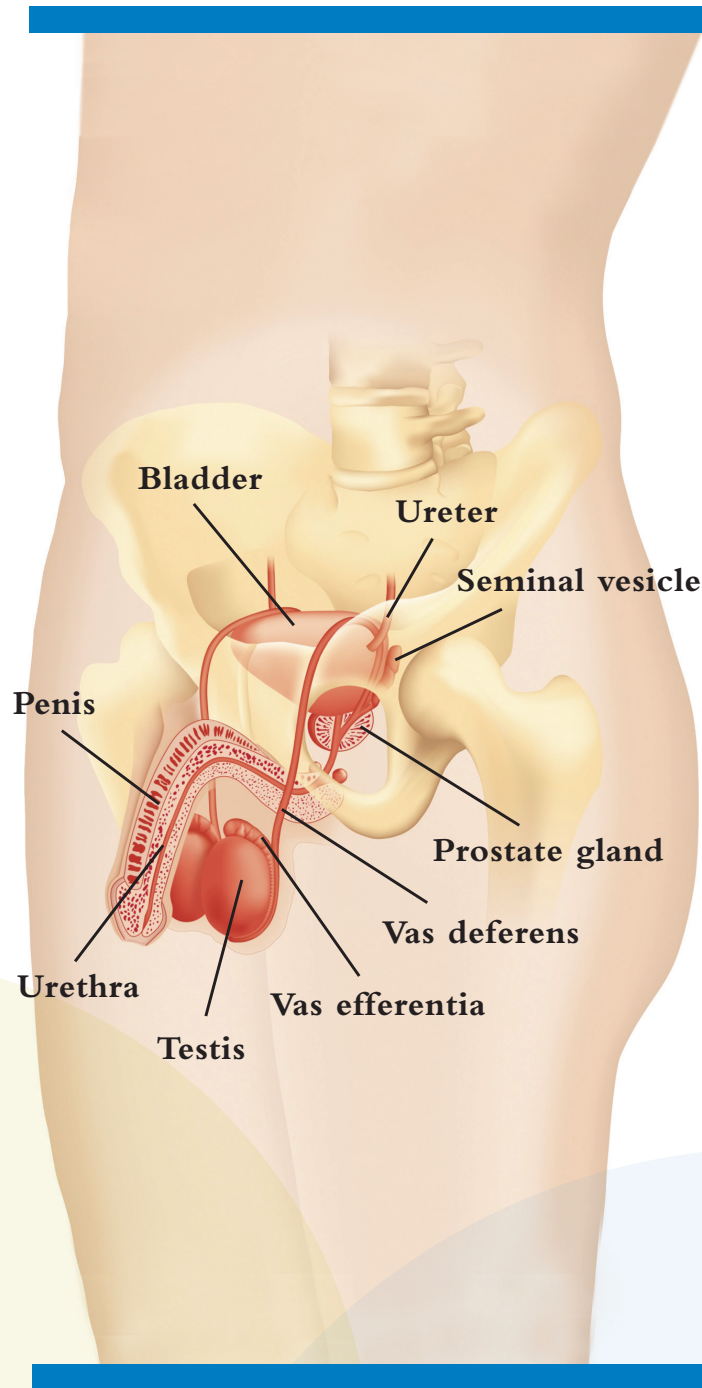
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Prostate cancer  
screening – know  
what's right for you



*Talking to my doctor saved my life.*



### *What is prostate cancer?*

- The prostate is a gland that is part of a man's reproductive system.
- Prostate cancer develops from cells that don't grow normally and form a tumor.
- Untreated, the cells can spread to other parts of the body and may lead to death.
- Some forms of prostate cancer don't show symptoms.
- Prostate cancer screening can look for cancer in its early stages when it is more treatable.

### *Start talking*

- All men are at risk for prostate cancer, so knowing your risk is important.
- Talk with your family about a history of prostate cancer. If you have a family history or are 50 and older you are at greater risk.
- Screening includes a blood test and a physical exam. *Talk with your health care provider about screening to decide if it's right for you.*
- Make an informed decision about prostate cancer screening.
  - o Understand the facts about prostate cancer screening.
  - o Get more information from your health care provider.
  - o Think about the value of prostate cancer screening for you.



### *Promoting health*

- Medical experts are still working to determine the ways prostate cancer can be prevented, but there are many ways to increase your overall health.
- Stay physically active, visit your health care provider regularly and stop smoking.

-know  
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